

BRIDGES

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best holiday gifts
they've received **P.2**

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WEDNESDAY, DECEMBER 11, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

STRENGTH OF CHARACTER

**JULIAN NAHACHEWSKY'S WORLD CHANGED
WHEN HE BROKE HIS BACK.
NOW HE'S CHANGING THE WORLD P. 6**



INVENTORY

GIFTS FOR TEACHERS

Thank you tops Christmas wish list

Teachers are among the most important adults in a child's life. So how do you say thank you to a teacher at Christmas time?

Though they aren't as big as the gifts you insist on getting them something, it should be something they'll use and enjoy. Bridges talked to some teachers about what kind of presents they prefer.

What to avoid: After a yearlong career teachers usually make a large collection of trinkets. At 30 students a year over a 30-year career — that's 900 gifts.

"Though it's a lovely phrase, one teacher says, 'Generally

as long as it's not another mug or Christmas ornament, it's all good."

BEST GIFTS

A charitable donation

Whether it's for a school, a library or supplies to teachers in developing countries, most teachers agree a donation on their behalf is a great gift. To help it mean more, one teacher suggested a donation to the school's library.

Group gifts: If you can get organized, pooling the resources for a big gift on behalf of the classroom is a nice idea — as long as you know it's something

the teacher wants or needs. For a teacher who had recently moved, a gift card to a furniture store was greatly appreciated.

Gift cards

You can't go wrong with gift cards, but make sure it's to a place you know the teacher frequents. As one teacher says, "I'm compiling a stack of gift cards for places that I don't go to."

Generally a gift card to the local coffee shop or bookstore is a good way to go. A gift certificate for a night out at the movies is something teachers can enjoy with their family too.

Classroom supplies: You may

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not know it's, but teachers' classroom supplies and decor are largely paid for from their own pockets. Classroom supplies like whiteboard markers, pencils and looseleaf are great gifts.

Food: Most teachers enjoy homemade baking or party mixes from their students.

A thank you: A handwritten "thank you" card or note, where memories and lessons learned are going along very long one to teacher. "Stuff is just stuff. Memories last a lifetime, and teachers just want to know they have made a difference in their



Drawings and homemade baking top the list of wishes in teachers' wish lists.

students lives?"

Artwork, poetry and homemade jewelry are some other items these teachers treasure. Says one teacher, "I love that in this day and age, when so many things are purchased or based on technology, a

student has taken the time to create something meaningful. That is always my favorite gift."

Though ornaments are generally best left in the store, a homemade ornament is a nice gesture.

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Julian Nabutchevsky is a world-class pianist thanks to Sam Saskatoon. BRIDGES PHOTO BY MICHELLE BERG

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MY FAVOURITE PLACE PG. 5



Scott Gledy poses with his model train recreation, circa 1940. He's been volunteering at the Western Development Museum for 32 years. BRIDGES PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

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IN THE CITY

DECEMBER 7, 2013 — 9:42 A.M.

A shivery shuffle



Shivery cold weather (the daytime high was 35 C) didn't stop over 400 Seabrook runners from participating in the 32nd annual Seabrook Army Center Shuffle Fun Run & 5K Walk. (Photo by James Harris)

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Volunteer's love of trains shared with community

By Angelina Irtinich

Scott Gibb's love for trains is infectious. He started with CN Rail in 1960 and retired after nearly 40 years of work. His passion for trains never ended. For the past 20 years, Gibb has been volunteering each Saturday at the Western Development Museum (WDM) in the train area. He and other members from the Saskatoon Railroad Modelers Club built the two train exhibits on display at the WDM. The train first ran on the track in 1970 and since then, by the push of a button, it has been around the track around 500,000 times. All Gibb's didn't go unnoticed — In the fall, a portion of CNCP's railroad (at 11th Street and Cordle Street) was named after him in honour of his long-standing service.

Q: What was it like to have a portion of the track named after you?

A: That was a complete surprise, and so you can imagine a great honour. I don't know how else to answer — it's just a feeling.

Q: Where does your love for trains come from?

A: (While working at CN) I saw the old type railroads with the steam engines up to the modern electric trains. When I was working I started collecting toy trains just to help me remember what I had worked with over that period of time. As a result, it became a hobby of modelling railroads. (He prefers building CN railroads.)

Q: What's the story behind the WDM exhibits?

A: I started at the museum in 1990 and the museum provided us with the space and all the material to build the model that you see. Every thing inside that room belongs to the fear of us, but I will never leave here — The design is supposed to be the first north and south railroad in Saskatchewan. I think it was 1984 when it came to Saskatoon. The sta-



Scott Gibb with his model train recreation of Saskatoon circa 1910, now volunteered at the Western Development Museum for 22 years. PHOTOS: PHOTO BY MICHELLE BIRD

tion you see in the foreground — is the model of Saskatoon — is the first original station by Canadian North. It built that from a picture, it's all to scale. The spruce and pine trees are made from a plant called scotch. It's found along the railroad tracks and in the ditches of the high-

way. We just brought whole plants in and cut off the little branches and to keep the weeds from falling off, we mix up a whole glue and water solution, dip them in it, let them dry overnight then spray paint them spruce tree green. — Eighty per cent of the buildings are made from

cardboard cereal boxes.

Q: What is it about trains and modelling that you enjoy so much?

A: I worked for the railroad and I enjoyed my work. As a result, I loved trains. Not an infatuation, but it's certainly a part of my life. I've

been retired now for 20 years and if I hadn't been a railroad modeller I might have been one of those "new" cheer people, which I am definitely not. It keeps me busy and the friends that I have who I modelled with — we not only model together but socialize. We're all good friends.

ON THE COVER

I hit a jump; you don't think you're going to get paralyzed. Like, really you don't.

— Julian Nahachewsky

JULIAN NAHACHEWSKY

Overcoming one of life's greatest obstacles



Just five months after an accident that paralyzed him from the waist down, Julian Nahachewsky participated in the Canada Games. He's now ranked 10th in the world. BRACKET PHOTO BY MICHELLE BERG

By Angelina Iritica

"Man, I'm a paraplegic."

These were the first words Julian Nahachewsky uttered to his mother when she entered the hospital room after his accident. Before resting her head on his chest to pray, she quietly wept.

"See, well, all the deep resources

that you have within you — like strength and courage — that have been latent inside you, they are going to have to make sense now."

And they did.

Four years later Julian is a high-level athlete. Just five months after his injury he participated in the Canada Games. He's competed across North America and Europe. He keeps beat-

ing his personal best. It's the first paraplegic to complete a triathlon in the province and he's ranked 10th in the world for para-triathletes. And he did it all without using his legs.

Although Julian and his parents Leon and Thomas had different experiences that day all three remember the accident clearly. In February 2008, the family went on a ski trip to

Panorama Mountain Village in B.C. Some of Julian's friends were there, and they were going off big jumps on their snowboards. Julian, 18, never last consciousness.

"My legs flew out and I wasn't expecting that. I remember being in the air and I was like, 'Oh man, I'm really high right now.' I was flying horizontally and I looked to the right and

there were the trees. Like I was near the top of the trees. It was the biggest jump in the mountains."

He remembers thinking that the fall was really going to hurt. He was right. Julian landed on his upper back, slamming his legs down on the snow. His spine snapped in half. He was paralyzed from the belly button down.

You're only really held back by anything in your mind. It's more that than anything. I drive (with hand controls), I do everything on my own. I'm very independent. — Julian



Julian Natchewsky races in the Van der Meer 10K. SUBMITTED PHOTO

Thomas was riding the chairlift to the top of the mountain when he saw his sons' snowboarding party. Mike Perold, owner, says the accident happened — within minutes they were at Julian's side. Thomas watched he was, too.

"The chairlift was still metres away from the stop. It was the longest two minutes I'd felt in a long time," he recalls.

He stood in Julian's side and the two talked. Julian said his head felt OK, it would hurt but he had a good brain bleed, but his back was sore. Things were getting blurry as they transported him by helicopter to the town of Invermere. Julian's friends told Thomas that he couldn't feel his toes. That, combined with the neck brace (which Thomas assumed was put on as a precaution) caused some worry, but he remained optimistic. Maybe it's a concussion, or maybe the injury is just temporary, he hoped. He called Leaps, who was shopping for long underwear at the time, and the two drove to Invermere to see their son at the hospital before he was transferred to Calgary.

"I just thought it was a dream, to be honest. I had a jump, you don't think you're going to get paralyzed. Later, really you don't," Julian says. But with the support of friends, his close family and his own unparalleled determination and strength, Julian came to accept that the accident wasn't a dream and his paraplegia was "the new normal," so he had pads at

Continued on Page 8

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This is a kid that wasn't giving up. He was talking about going back to school already; he was worried about his friends. He wasn't giving up on life — Thomas Nahachewsky

Thomas recalls one specific moment when he knew that everything was going to be OK. He calls it the greatest part of the morning after it all happened.

"He got up and he said, 'Dad, do you think my friends will laugh at me when I go to school in a wheelchair?' And right there I (in my mind) let ping-pong balls into the air. This is a kid that wasn't giving up. He was talking about going back to school already. He was worried about his friends. He wasn't giving up on life."

Leaps remembers a prayer she said in the hospital room.

"I prayed, 'Oh, God, if there was ever a time of need this is it. Please help.' I think the intense prayers of a mother like that went straight to wherever the favor is called and we were given the strength to deal with it," she says. Leaps encouraged and read about grief, talked to friends and family and found solace in meeting other parents who had went through similar experiences. As a mother, she realized taking care of herself was critical, so she could maintain herself for them for whatever Julian needed. She doesn't call this selfish but wise.

Thomas admits while Leaps's gifts are to be continuously supportive, his are more practical.

"I was trying to be strong for my wife's life, but I wasn't."

He had logistics to take care of: contacting the University of Saskatchewan to make arrangements for Julian's studies and making adjustments to the home. Thomas, who is an architect and structural engineer, began working on home modifications, including an elevator so that Julian could live comfortably. Shortly thereafter doctors and a huge renovation later, Julian can get around the house with ease.

After the initial shock wore off, Julian was angry. Time passed, his anger subsided and he realized something.

"I still want to live my life. I'm not just going to sit."

Living his life to the fullest is an understatement.

"You can still do a whole bunch of stuff. You're only really held back by anything in your mind. It's easier that than anything. I drive with hand



Julian Nahachewsky, shown here in the home he shares with his parents, donated two of his wing chairs to a school in Thailand. SAHODS/PHOTO BY MICHAEL LEWIS

controls. I do everything on my own. I'm very independent," he explains.

• • • • •

Julian is like any ordinary 20-year-old. He's studying at the U of S (first year law), has a girlfriend and jokes with his mom about having to make his bed. He's handsome, extremely charismatic and kind, and he laughs — a

lot. His voice only wavers a bit when he talks about his accident, but he still laughs.

"Spinal cord injuries are crazy because my legs are actually fine. Just the message from my brain doesn't make it to my legs because that huge nerve doesn't send a message," he explains.

Two large lakes are in his dorm stairs leading room. His legs begin

to shake before he pushed himself upward of his wheelchair and onto the hand cyclist.

"Sometimes my legs shake randomly," he laughs. Julian uses the hand cyclist to complete in triathlons. It's an expensive sport — the hand cyclist costs about \$15,000. His wheelchair racer and wheelchair were close to \$10,000 together. His father said to have a lightweight, tri-

athlon chair and he knows it. This past summer Julian donated two lightweight chairs to a school in Thailand. He wants to make life for people with disabilities better — he volunteered his time as a Push/Play ambassador for Saskatchewan Blue Cross. He shares his story, encourages kids to be active and leads activities showing what it's like to be in a wheelchair.

Paradoxically our lives are better in many ways.
They are deeper, they are more real and more pure
— Leaya Nahachewsky



Leaya Nahachewsky participated in the first triathlon season of JADA at the Lake Umbagog triathlon.

"I want to show people that people with disabilities can do anything they want to so long as they are willing," he says.

Glenn Neuhoff, marketing co-ordinator at Saskatchewan Blue Cross, says that Leaya inspires children with his story and energy.

"He just has a tremendous enthusiasm for life and it hasn't slowed him down. He's not the kind of person that says, 'I'm a paraplegic there's all these things I can't do.' It's more like, 'Try to stop me from doing something because I'm a paraplegic,'" says Neuhoff.

"There are huge challenges involved and he just takes them all in stride. I'm not say-

ing it's easy for him, but he does it very well."

During the winter, Leaya spends a lot of time downstairs. He trains eight out of 10 days, plus markets. In the summertime, he practices aerobics at the Waterwood house on High way 38.

But before the training regime, Leaya had to learn how to use his body again — one of the most difficult things he dealt with along his journey.

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Authentic Amish Cooking



Custom Recipe Authentic Amish Cooking

Tater Tot Chicken Casserole

2 lbs Chicken Breast, chunks
1 1/2 cups Sour Cream
2 C Shredded Cheddar
1 1/2 Cashed Potatoes

1 box Cream of Mushroom
1 bag Colby Jack Shredded
2 1/2 lbs Tater Tots



Place chicken in crock pot in chicken broth. Bake or fry potatoes in a small batch. Just before chicken is ready to eat, dump potatoes into crock pot with mushrooms, soup, sour cream, salt and shredded cheddar. Tater tots chicken and bake for 2 hours until potatoes are soft and tender. Bake at 350° for 30 min for extra heat.

Hot Fudge Sundae Cake

1 C Flour
1/2 C Sugar
2 T Cocoa
2 T Baking Powder
1/2 C Salt
1/2 C Milk
2 T Oil

1 T Vanilla
1 C Brown Sugar (packed)
1/2 C Cocoa
1/2 C Instant Top Whener
Pecan or Ice Cream



Heat milk to 200° in microwave (not cake pan). Mix together the first four ingredients. Add milk, vanilla, vanilla, salt and hot fudge. Brown sugar in pan. Sprinkle with hot fudge and ice cream. The hot fudge will use butter. Bake 45 minutes. Let stand 15 minutes. Serve with ice cream.

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He's not the kind of person that says, 'I'm a paraplegic there's all these things I can't do.' It's more like, 'Try to stop me from doing something because I am a paraplegic.' — Gladys Neufeld

"It's a steep learning curve. Like hopping in and out of my chair and getting into my bike. It was kind of scary going back into the real world with only half my body working."

While he was in the hospital, a physiotherapist had him a meal and encouraged him to try wheelchair racing. Almost immediately after being out of the hospital he started with the Cyclones Road and Triek Club.

Meeting with people from the Cyclones and hanging out with them, you realize you're not the only one going through it," Julian says while cooking lunch — pasta and ground turkey — following a workout at home.

After just three months in the hospital, Julian was ready to go home. Bruce Croson of Croson Sport Services started working with him in the fall after his accident. The two worked on Julian's balance and posture. Croson got him to throw and catch a ball, sit and balance on a ball and use different weights. Now, Croson designs Julian's strength flexibility and training program for hand cycling.

"It's totally inspiring," Croson says of working with Julian. "He brings that drive and wants to learn how to do everything that he can do. He was overly motivated to try and overcome his abilities."

In 2012, Julian made the long drive wheelchair racing to Guatemala. Last summer he competed in about five different triathlons and placed first in the Cas An Penetration Series in Austin, Texas. In September he traveled to London, England and represented the country at the ITU World Triathlon Grand Prix and cut over 18 minutes from his personal best, giving him the mark of 1:18 in the world. Thomas is by his side for it all as a handler — he helps Julian transition from one portion of the race to the next. Julian's already high energy is even more heightened when talking about racing.

"It's pretty painful, but you learn about yourself and how hard you're willing to push. You learn every race you do. There's a different emotion between doing a race — like just completing it — and racing a race."

His goal is to triathlete all the

time. Paralympics, Croson says, Julian's will to win, his work ethic and strength make him capable. He just needs to remain focused on his training.

Julian explains that life is pretty much the same — it's just the way he does things that are different. But not everyone understands that. He remembers a man asking why he's in a wheelchair because he doesn't "seem stupid." Another said, "cripples can do anything these days" while Julian was working out. And then there's the staring.

"It can be embarrassing after a while, let me be me. It is to be expected because it's different, so you kind of put up a shield," he says. "People will obviously see you a lot different and then they get to know you and realize you're just a regular person."

"People often think it's the fact that he can't walk, but it's all the medical issues. He's aware of the use of people taking your disability parking spots, it's taking out of the wheelchair. His challenges are ongoing and they never stop. He doesn't get a break from it and so Julian has proven that he has this incredible indomitable spirit that is extremely resilient," Lewis explains, adding her love and respect deepens for Julian as she watches him master his journey.

Julian, Lewis and Thomas all agree that their outlook has changed since the accident. The Julian he's more polite and understanding. Thomas now agrees that often need to be more wheelchair friendly. And Lewis says, "Paradoxically our lives are better in many ways. They are deeper, they are more real and more pure."

Julian is quick to give credit to everyone around him for his success, and he absolutely doesn't want pity from anyone. And neither does Lewis.

"(Maybe people think) I'm blessed with Julian as my brother, but to tell you the truth it's a real privilege. It's so cool."

andrew@chicagoherald.com
greg@herald.com



Lewis Neufeld/Neufeld says it's a privilege to be Julian's mother. BRUCE CROSON PHOTO BY MICHAEL FRIED

CITY NEWS

#BOWLT CLASSIC

Tournament brings school, community together

By Angelina Irtinich

It may have been cold outside, but it was a sea of orange T-shirts inside Tenney Douglas Collegiate during the last week of November. Tenney Douglas co-hosted the fifth annual Bowls Classic basketball tournament, an event that brought the whole school together.

"Everyone's really energetic ... so many people are cheering and half of them don't even attend sports but they're there because they know the school is going to be there. It's definitely feeds off the energy of the tournament," says Ashley Ruppel, a forward on the school's senior girls' team.

The tournament, formerly known as the Mount Royal High Old Classic, changed its name in 2009 when Tenney Douglas and Belchertown Catholic High School took over organizational duties (don't worry and Mount Royal also host games). The new name not only honors the former tournament, but makes reference to the location of the main host schools located on Ross Crescent.

With the changing landscape of schools in Stokholm, the move only made sense, explains one tournament organizer, Tina Casaretti. She points out that previous host Mount Royal held two tournaments (Mount Valley and Twp 087) within a month of each other.

"One of these things had to go to take the pressure off them and we had all these staff and students at Tenney Douglas looking for a way to get involved in the sports scene."

The three-day tournament, which is the largest high school basketball tournament in Western Canada, has drawn 15 teams and over 600 athletes from across the province. Not only does it provide a healthy school spirit and encourage volunteer participation from the students, it does a new thing in high school sports — it brings two nearby schools together. Instead of forming a rivalry, Tenney Douglas and Belchertown work together



Tigers players and team Sydney (left) and Bailey (right) at the Bowls Classic, Western Canada's largest high school basketball tournament. Kaitlyn Photo by Andrew Schaefer

or in running the event, doing promotions and supporting the athletes. The two schools' girls teams joined forces for an exciting and highly performance during the tournament.

"I think it's really good modeling for the kids. It creates positive relationships and shows that you can work together," Casaretti says.

With the presence of the three

Grades, the event has become a gathering place for the community and Bowls Classic adds to that. Both students and the public attended the tournament.

Bailey and Sydney Tabin are not only team mates and best friends, but teammates on Tenney Douglas's senior girls' team. They are two of the three Grade 12s who make up the team

that won gold in the Orange Division. The two say that playing in the tournament is exciting — especially being in Grade 12.

"It's even better when we're on at the same time. We cheer each other on, we talk to each other and we cheer," says Bailey. "And we made it like a competition," adds Sydney.

Courtney Winkler (senior) says the

team were underdogs in the tournament but ended up beating North Battleford in the final with a score of 29-20.

Winners of the tournament include Regina Combelli (girls' gold division), Tenney Douglas (girls' orange division), Iverson Liberty (boys' gold division) and Norman M. Graham (boys' orange division).

FASHION

Did you buy a new outfit for a holiday party?
Send a photo to bridges@thephoenix.com

SASKATCHEWAN STYLE

Global Regina sports team: Trio brings flair on air

By Ashley Martin

If there's one rule Derek Meyers, Kent Morrison and Taylor Shire can agree on, it's this: You can't wear green on TV.

It has nothing to do with the rules given to sports reporters for Global TV in Regina. It has everything to do with the station's in-house green screen.

"I've had to see that they eat from a shirt with just one green screen in it. I've said with this suit, it will look because it's closer to the green screen," says Meyers. "Not everything that looks good in the mirror translates well on air."

And those guys want to look good on air.

Growing up in southern Saskatchewan, they decided long ago to look good, even if it meant getting flack about being a little different with their fashion.

"I think that comes with our personality that we all seemed to be on TV and that fashion sense was part of that personality," says Shire. "If we do care what we look like, we want to wear nice things that helped us to get onto TV."

Derek Meyers

METRO MAN: "I've had a chance for a year. I still take a lot of abuse over it. Saskatchewan is very slow at embracing metro."

"It's pretty straight here still. Fashion Week's come in for a couple of years and it's inspiring, and things like that. But it's still your dad's suit in this province, a lot."

WEARERS: Like most under-40s.

COAT: Jack Vector from Colin O'Brien.

SHIRT: Pure from Colin O'Brien.

PANTS: Lo Chateau.

BELT: Gucci.

SHOES: Lloyd from Colin O'Brien.

SOCKS: Happy Socks from Nordstrom.



Kent Morrison

BORN TO BE FRESH: He's worn a bow tie to work every Friday since summer.

DRESS YOUR BEST: "Don't be afraid to show up. Lots of people here don't dress up. If you're going out post on your No. 1's, make a good impression."

HAIR HAIR: Morrison gets his hair cut once a week at Keweenaw.

FASHION SCHOOL: He was voted best dressed his Grade 12 year at Central Collegiate in Moose Jaw.

SUIT AND SHIRT: Benetton Signature.

TIE AND POCKET SQUARE: Tommy Hilfer.

WATCH: Fossil.

SOCKS: "I like all kinds of patterns. I read somewhere that (polka dots) are in the worst."

SHOES: Penguin from Winners.

Taylor Shire

STYLE IDOL: Henrik Linn.

DEBUT: "He has nice suits."

SCUFFED UP: Playing hockey, Shire has had his share of scrapes.

"It's like looking inside here and there. I've been on (TV) with cuts. Last month — four stitches (and) I went on the next day."

WEARERS: Shire. At shirts and slacks fits.

SUIT: Geoffrey Beene from Macys.

RED KNIT TIE: Lo Chateau.

WATCH: Nixon from Sport Parts.

SOCKS: Jack Threads.

SHOES: Bostonians from Toronto.

SPORTS TEAM'S TIPS TO DRESS BY

- Comfort is key
- Try things you've never really tried
- Get a tailor if it is a problem
- Wear nice shoes
- Don't leave the station in sweat
- You're never alone who you'll run into
- Style your hair

Global's Derek Meyers, Kent Morrison and Taylor Shire know how to look good on air. MICHAEL PROFFER/CPA/REAP

The StarPhoenix Letters to Santa

Dear Santa,
My family has a special Christmas tradition. Every year, we all write letters to Santa. We even have a special box for Santa to put our letters in. It is called the "Santa Box". We put our letters in the box and then Santa will take them to the North Pole.



Olivia
Age 7

Heather
Age 8

Dear Santa,

Our family has a special tradition. Every year, we all write letters to Santa. We even have a special box for Santa to put our letters in. It is called the "Santa Box". We put our letters in the box and then Santa will take them to the North Pole.

From Heather



Dear Santa,

I have a special tradition. Every year, we all write letters to Santa. We even have a special box for Santa to put our letters in. It is called the "Santa Box". We put our letters in the box and then Santa will take them to the North Pole.

Abbey
Age 8

Julia
Age 10

Thanks to all the children for submitting Letters to Santa.

Watch for more letters in future editions!

For toys that spark the imagination...

The Model Gallery Shop
Open 10 a.m. to 6 p.m. for the holiday season.
Free Parking. Free Gift Wrapping.



GARDENING

CHRISTMAS IN SASKATCHEWAN

Choosing and caring for your Christmas tree

By Eri Svendsen

As you compare by the fire, do you know what kind of live Christmas tree you want? One clue is found in the word that begins "O Tannenbaum" that an some versions has been loosely translated to "O Christmas tree." While the sentiment in this context is the same and the number of syllables match, *tannenbaum* is more correctly translated from German as "fir tree." Firs are Canadians' first choice for a Christmas tree. Not all Christmas trees are firs.

Fir, spruce and pine are the three main types. Firs are the easiest to identify as they always have two or more needles bunched together that are much longer than either fir or spruce needles. Fir needles are flat and circular but held between your fingers whereas spruce needles are square to slightly rounded.

Fir bark is typically silvery grey or brown and smooth, whereas spruce bark tends to be dark brown and rough, especially along the branches.

If you're buying locally, your options are limited to balsam fir, Scots pine and white spruce. For more information about Saskatchewan Christmas tree producers and where to find them, visit www.pineproducers.ca.

It matters not a what wheel kind of tree you have in terms of care, cut the end before bringing indoors, water often, never let it dry out, keep away from warm drafts, use low watt LED lights and use a timer to limit the number of hours you leave the lights on. On the other hand, each species has its unique characteristics to your festive decor.

Finally, regardless of the type of live tree you have for Christmas, all are recyclable. They're usually chopped and used as mulch in parks to reduce water consumption and control weeds.

The City of Saskatoon has a number of drop-off sites that are open from Dec. 26 until the end of January. For drop off locations, visit the RecycleWaste Saskatoon site at recyclewaste.ca or visit www.saskatoon.ca and choose "C" and scroll down to "Christmas trees".

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca, horti@perennial.ca).

BALSAM FIR

- Popular or safe choice
- Excellent plastic retention sports soft burn needles
- Great, widespread spruce
- Is the quintessential symbol of Christmas in fact, most things infused with a (so-called) pine-fir scent are actually balsam scented other than you may imagine
- It is the most difficult to maintain
- Fresh Douglas fir, Korean pine, noble fir, etc. are they are easier to care for but will differ in colour (the deep to dark green) size, density and length and will vary in availability
- One shape look characteristics and intensity of fragrance

COLORADO BLUE SPRUCE

- Nice outdoors but indoors use by decorative shape not good for indoors
- Trying to be realistic, most trees you walk from blood loss
- After choice is the white spruce with its much subtler dark green needles
- However, two other common names make reference to the color of its crowded needles, skunk spruce and spruce blue
- Once the job of colorists is done, the next steps, being in fact

NATURAL FOREST GROWN PINES

- When open structure than spruce or fir
- Shouldn't be can be very dense
- Still not somewhat flexible
- One of the few for both light and heavy ornaments
- Scots pines have dark green needles in bundles of two, the color variation is excellent even if slightly (very) out of season
- While pine has longer, more pointed needles in bundles of five and is lighter green to shiny green, its glaucous is very cold to the touch, resulting in lower density



A fir tree with all the Saskatchewan holiday trimmings. Remember to water your live tree and turn off the lights before going to bed. Photo courtesy Scott O'Brien

NEXT WEEK: How did you stay in shape during pregnancy?
Email bridges@thestarphoenix.com

By Bridgette M. Bridges, a freelance writer who has written for The StarPhoenix, The Canadian Press and other publications.

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

What do you think of soothers?

"Used them with my baby. My daughter likes her thumb although I don't get her to choose the soother (it's easier to take away). Once she was able to walk around and play it was only when in their bed. My youngest boy had his finger because we were nursing and had a lot of changes, happening and it was his comfort. They were done between the ages of 1 year to three."
— Kim Hudson (Edmonton)

"Had them that took soothers and two that did not. I didn't take them away until 18 months. But once they started crawling and walking, they only used them when they slept. Dirty baby has something that soothes them. For my other two it was either a blanket, cushion or a teddy bear they would suck on. I don't think there is anything wrong with them at all."
— Stephanie Olsen

"Our daughter had a soother under her for four months, then she learned how to calm herself without it. I took some crying but was nice not to have to use a soother all the time. Our son is now eight months and still needs a soother at bedtime. In his case I am very thankful he takes a soother!"
— Kristina Popayeva-Fidellman

"Neither of my kids ever took a soother and they don't suck their thumbs or have a security blanket. They are just children being!"
— Lisa Walker

"I personally decided not to give one to my daughter. I just didn't like the way some kids held around them. It was their preference, was fine at first, but we said OK. If it had a flavor like the soother would have come out. I think that whatever choice you make as a parent is good. It works for you and your baby then here it is!"
— Candace Rose, Reddipen

"Used my son's soother only for nap times and when he was crying. It was easier to see him cry if the soother took off the thumb. And make sure to do it at the right time — when he's really — or he will resist to the thumb."
— Mikaela Rhoads Good

"My son loved his finger over much to 18 months when we took it away. I didn't affect our nursing relationship at all. Not gonna lie: it was a lifesaver sometimes."
— Catherine Reed

"I think they are OK to a certain point. My daughter stopped taking her on her own at four or five



months. Unfortunately I know some three-year-olds that still have them."
— Katherine Sherman

"My daughter had a soother until she was just over one. My son did not take one at all. I was not against soothers as long as they weren't used for extended periods of time. My daughter used hers at sleep time mostly."
— Cynthia Vaneuse

"Soothers are a lifesaver for parents of babies. I used one for every child. And yes to clarify the baby used the soother and not the parents, wait happy!"
— Carla Costello

"Our first son never took a soother. Our daughter is very attached to her soother and always has. And our newest addition is 30-50 a day. I think that whenever it takes longer than to reach themselves in the right thing, soother or no soother. I also feel there needs to be a cut off age and am hoping my daughter will soon be done with hers as she is coming up on her year old!"
— Alyse Cernusca

"Worried. Most likely they can be the worst thing in the world if your baby grows to depend on them and it gets lost somewhere. It can also be the first thing in the world when you wake up in a crying mouth and all of a sudden you can't find a pacifier. It can sort of be equivalent to a cigarette in a smoker's mouth."
— Judy S.

"Soothers were a lifesaver for my kids when they were babies. It was a lot of pain to take away but the benefits outweighed that."
— Abbie Hoyak

MO SASKATOON SYMPHONY ORCHESTRA

MESSIAH

Maestro Victor Sawa
conductor
Saskatoon Chamber Singers
directed by James Hawn

Chelsea Mahan soprano
Alicia Woyanowski mezzo-soprano
Michael Harris tenor
Dominic Gregorio bass

HANDEL'S ENDURING MASTERPIECE — A HOLIDAY TRADITION!

THIS SATURDAY, December 14
Third Avenue United Church • 7:30 pm

comex pop's series

presented by **PotashCorp**

The Music of PINK FLOYD

The Wall & Dark Side of the Moon

Mathieu Pouliot conductor
Jeans 'n' Classics rock ensemble

Saturday, January 18, 2014
TCU Place, 510 Buckwold Theatre, 7:30 pm

Official Media Sponsor **94.1** **iRadio**

NEWS TALK 102.1 **CKRM** **ROCK 102.1**

Tickets make great stocking stuffers!

Tickets & Information at SaskatoonSymphony.org
or TCU Place Box Office, call 306-975-7299 (link Friday)
or SSD Office, 306-665-6454 (Messiah)

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thephoenix.com

SASKATCHEWAN'S BEST SPACES

New grad student residence encourages community

By Angelina Irimaci

WHO? The University of Saskatchewan's associate director of consumer services George Poulas

WHERE? On campus on Ard Street, near Griffiths Stadium

WHAT? The nearly completed, five-story Graduate House residence at the University of Saskatchewan. The residence, which is reserved for graduate students and students in professional offices, can house up to 200 students. A combination of five bedroom apartment-style suites and one-bedroom bachelor and loft suites make up 90 suites in total. Each suite has a private kitchen, bathroom, new furniture and polished concrete floors. The residence is bright and airy with a loft-like feel. Natural light is provided in 90 per cent of the space. Unique designs like a one-bedroom loft — complete with 17 stairs — feels more like a student condo than a university residence. A similar two-bedroom loft is practical and private with the bedrooms on separate floors — each with its own entrance.

The hallways have the modern feel with top painted walls, handrails, gentle and clear sound in walls and key cards for unit access. Each floor has a common area or discussion-type space to encourage students to get out of their suites and be part of the larger community.

"The suite isn't spacious by any means. They are very efficient and nice and new and clean, but really the whole premise is to get people outside of their suites and working within a common space," Poulas says.

The main floor includes a large kitchen, laundry facilities and plenty of seating. A cozy fireplace and TVs invite students to socialize and gather. An exercise room (with equipment) for things like yoga and a movie room for people to play their instrument help keep the floors quiet.

WHY? Graduate students. Feedback on what they'd like to see in a residence was incorporated into the design. This includes things like the common areas, fully furnished and quiet suites. Graduate House is just one piece of the university's approach to increasing the amount of residences on campus, Poulas explains.

WHEN? Construction on the nearly \$90-million building began in 2011 and it's nearly finished, with an expected completion date of the end of the month. A trial space on the main floor is recent new, but will eventually be home to something like a cafe or bar. Right now the building is at about 30 per cent capacity.



READ MY BOOK

#LARRY WARWARK

Brovko's Amazing Journey follows a dog's adventure

Life is good for Brovko, a big shaggy sheep dog living in Ukraine, with his master Andrei and his master's family. But then Andrei and his family move to the new country of Canada, and they have to leave Brovko behind.

Brovko tries to get along with his new family, but his heart isn't in it. It soon becomes clear what he has to do — go and find the boy he loves. Against all odds, he sets out to do just that, even though Andrei is across a continent, then an ocean, and on the far side of another continent now. How on earth is a sheep-dog going to do it?

To trace this dog's journey to Canada, I travelled to Ukraine. Natalya Neme, a young woman who lives in Lutz guided me through her city, and Brovko's trek begins. I put myself into

the head of a dog.

As I was writing these words, and hearing them from Anne Brovko's head, I responded with the thought, "What does a dog know? More than you think he knows."

The conception of Brovko's Amazing Journey took place in a Grade 7 and 8 classroom in Ottumwa, Sask. The students had been studying my novel, Andrei and the Secret Winter, a story about a boy and his family who in 1900 move Ukraine to homestead in Western Canada. One of the students said it was what happened to Andrei's dog that he had to leave behind. I told him that I didn't know, but that he had just given me an idea. I would find out what happened to Andrei's dog.

I travelled to Ukraine, where he



Larry Warwark

makes other adventures. I rode on a train from Kyiv to Lviv. To get out of Ukraine, Brovko has to cross a train. I took pictures on the three waiting rooms of the railway station where my grandparents — over a century ago —

would have departed on their way to Winnipeg, and then to ship to Canada. The same route Brovko takes.

In Canada I drove south from Winnipeg, Man., to the place near the shore of the lake where my grandparents homesteaded. I explored the vast delta stretches where the Saskatchewan River empties, the place where Brovko sets out again to find Andrei, whose family has homesteaded near Babine. I went to the Saskatchewan River forks where Brovko finds his new place. More than any of my experiences in the writing of my other books, Brovko's Amazing Journey was a writer's delight.

Brovko's Amazing Journey is available in bookstores in Regina and Saskatoon.



UNIVERSITY OF
SASKATCHEWAN

The FOOSH Study

We are looking for **women, age 60 years and older** to participate in a study evaluating arm strength and **simulated falling biomechanics (Falling on the Outstretched Hand).**

Your involvement would include:

- Attending one appointment at the University of Saskatchewan for:
 - Muscle strength testing of one arm
 - Motion and muscle analysis during a body lowering task on outstretched arms (**not** an actual fall)
 - Questionnaires about your physical activity level

If interested, please contact: **306-966-8619**

Or e-mail lauren.lattimer@usask.ca

Principal Investigator: Dr. Cathy Arnold
School of Physical Therapy cathy.arnold@usask.ca

Nuts About Nature At Beaver Creek Conservation Area



Dear Crips,

How many kinds of trees and shrubs grow in the valley of Beaver Creek? Do you know any of the Cree names for the trees? Charly!

There is amazing diversity in the canopy of this valley and throughout the conservation area. The largest trees are the white aspen bark, trembling aspen (white poplar), black (balsam) poplar, cottonwood and Manitoba maple. For the shrubs and smaller ones we have Red Birch, western larch, chokecherry, wild Saskatoon berry, buffalo berry, high and low bush currant, narrow leaved meadowswamp, western and northern saskewberry, round leaved hawthorn, northern black currant, wild black currant, sweet red currant, northern gooseberry, wild red raspberry, ginseng, elder (leaved buckthorn), wild rose, spreading dogbane and many willows. Then there are the vines like climbing honeysuckle and common flower. And the low shrubs like bearberry, common juniper and creeping juniper. The Plains Cree have many names for these plants and their uses. A book titled *Waskewas* An aspen is waskewas. A chokecherry is kaskewas. Nemehehik and saskatoon berries are mawawawomewehik. Mawawas! That moves beautiful. We have so much beautiful diversity here. Thank you for helping to protect it. Send your questions to me at the address below, then watch birds for the answers. Your pal Chip.



Chip
c/o Meewasin Valley Authority
403 The Avenue South
Saskatoon, SK S7N 1G5
Chip's cell: 306.966.8619, 306.924.3474

Meewasin

EVENTS

MUSIC

Wednesday, Dec. 11

Jesse Rhodes Band
Buffs on Broadway
111 Broadway Ave.

Roni Margen v/ Wilson and Kissing Candles
O'Brien Diner/Cafe
241 Second Ave. S.

Thursday, Dec. 12

Two Men Group
Crackers Restaurant and Lounge
40-227 Pinehurst Dr.

Caught in a Dream
Buffs on Broadway
111 Broadway Ave.

Acoustic Poetry w/ Brandon Lenkart
Margie's Tavern
604 Broadway Ave.

Whiteboy Film
Wichita's Irish Pub
234 2nd St. E.

Rosie and The Riverins
Village Gutter & Arts
430 20th St. W.

Friday, Dec. 13

Scraperjays
Buffs on Broadway
111 Broadway Ave.

Piano Friday w/ Kim Sealford
Guitar Sessions With Wilkins w/ Brian McNamee
The Basement
203 Fourth Ave. N.

4-Post
Army & Navy Veterans Club
350 First Ave. N.

Wines 'n' Wood
Mickie's Redwood
3030 Eighth St. E.

The Rhythmies
Faded Denor Citizens'
Centre
180 Fairmont Ct.

Lounge Lizards
Tben Town Tavern
3030 Fairmont Dr.

Winter White Party w/ Pearlerwell
O'Brien Event Centre
241 Second Ave. S.

Autopilot w/ Indigo Joseph
Amigos Centre
632 10th St. E.

The Seagulls w/ Lonesome Weekends
Wichita Tavern
604 Broadway Ave.

Jazz Styles: Feather + Therapy w/ Dwayne Elms, Adam Jack, Chris Cole, Lancelot Knight and David & Pimpston
Rock Bottom
834 Broadway Ave.

Jeff Toss
Star's Place
106-110 5th St. E.

Saturday, Dec. 14

Scraperjays
Buffs on Broadway
111 Broadway Ave.

Maurice Drouin's Jazz Christmas
The Basement
203 Fourth Ave. N.

Christmas Supper w/ Drifwood
Nutans Legion
3031 Louise St.

4-Post
Army & Navy Veterans Club
350 First Ave. N.

"Sids and 'Sds Night w/ Les Scraperjays
Downtown Legion
604 Spadina Cres. W.

Beag Beerhouse This
New and sale of smaller
3030 Eighth St. E.

Karpaka Brothers w/ Breakers
Amigos Centre
632 10th St. E.

The Seagulls w/ The Bernellians
Vangies Tavern
604 Broadway Ave.

Jazz Blue
Star's Place
106-110 5th St. E.

Sunday, Dec. 15

Drifwood
Nutans Legion
3031 Louise St.

Maurice Drouin's Jazz Christmas
The Basement
203 Fourth Ave. N.

Tuesday, Dec. 17

3-String Fretless
Buffs on Broadway
111 Broadway Ave.

ART

Mandel Art Gallery
Unit 1, Box 3 at 1630 Spadina
Cres. E. Fall presentations

include *Wandering Modernity and They Made a Day by a Day* Have. *Galicia, the Artists by Artists* Membership w/ *Hudson*, by Gary Schwepsc and his member, Bruce Montcombro. Dec. 13, 2 p.m., story-telling Judith Berger says writer takes at the gallery.

K-A Gallery
Unit 102, 1817-836 20th St. W. The Red + White Art Drive, works on display. The show will be held Dec. 13, 6:00-8:00 noon. *Artist's Home* - Here on Future Earth (Amber Morton), a 10-foot print by Joel Ancand, Unit 102.

Gallery on Think, Wetmore
Unit 102, 1817-836 20th St. W. *Wetmore Christmas* art show and sale of smaller works by a variety of local artists.

Bigger Museum & Gallery
Unit 102, 1817-836 20th St. W. In Bigger Annual

Christmas Magic Silent Auction.

SCAP Gallery
Unit 102, 1817-836 20th St. W. *Electronics from H.A. Arts*

Harold Wave Gallery
Unit 102, 1817-836 20th St. W. In Meacham & Step Up. A mixed-media gallery artists exhibit.

Vold Gallery
Unit 102, 1817-836 20th St. W. *Artwork* Works. Their annual show of art priced from \$50 to \$250.

Daniel Bell Gallery
Unit 102, 1817-836 20th St. W. *Unit 102* Mixed Media Show

The Gallery of Frances Morrison Library
Unit 102, 1817-836 20th St. W. *On the Grid*, works by Louise Freeman, Judith Galick, Kathryn Grier and Mary-Anne Parker.

Centre East Galleries
Unit 102, 1817-836 20th St. W. *On the Grid*, works by Louise Freeman, Judith Galick, Kathryn Grier and Mary-Anne Parker.

Stallies Arts Centre, West-
Unit 102, 1817-836 20th St. W. *On the Grid*, works by Louise Freeman, Judith Galick, Kathryn Grier and Mary-Anne Parker.

The Gallery/Art Placement
Unit 102, 1817-836 20th St. W. *On the Grid*, works by Louise Freeman, Judith Galick, Kathryn Grier and Mary-Anne Parker.

Ukrainian Museum of Canada
Unit 102, 1817-836 20th St. W. *On the Grid*, works by Louise Freeman, Judith Galick, Kathryn Grier and Mary-Anne Parker.

Black Spruce Gallery
Through December at Northside Antiques on Highway 2. Works by four new artists: Jody Bruns, Sandra Chermers, John Drennon and Jennifer Sapocine.

Perforage Centre
Through December at 110 Grogan Cres. Beauty in the Details, paintings and photography by Shannon Wagner.

Deisenbaker Canada Centre
Through December at 110 Deisenbaker N. Teach the Big Story of Our Canada.

Affinity Gallery
Unit 102, 1817-836 20th St. W. *Unit 102* Mixed Media Show

Colours Restaurant
Unit 102, 1817-836 20th St. W. *On the Grid*, works by Louise Freeman, Judith Galick, Kathryn Grier and Mary-Anne Parker.

Wetmore Library
Unit 102, 1817-836 20th St. W. *On the Grid*, works by Louise Freeman, Judith Galick, Kathryn Grier and Mary-Anne Parker.

Handmade Snow Showcase
Unit 102, 1817-836 20th St. W. *On the Grid*, works by Louise Freeman, Judith Galick, Kathryn Grier and Mary-Anne Parker.

Black Spruce Gallery
Through December at Northside Antiques on Highway 2. Works by four new artists: Jody Bruns, Sandra Chermers, John Drennon and Jennifer Sapocine.

SPECIAL EVENTS

Fashion Show with Air
Dec. 13, 7 p.m., at Broadway Theatre. Presented by the SK Association for Community Living, featuring MIC Tish Chevalieroff. Visit www.sacl.org or call 366-955-3344.

Together in Faith and Action
Dec. 13, 7:30 a.m., at TCU

Place The 56th Annual
Knights of Columbus card festival. With master of ceremonies Dr. Knight John H. Strickland.

A Sask Country Christmas
Dec. 13, 7:30 p.m., at Mayfield United Church. Saskatoon's country musicians perform and tell stories. With Jay Lemke, Stephen Maguire, Kiley Berghall, Dennis Wang, Jodi Moss, Eli Berti, Amy Nelson and WE Aired. Raising funds for the Saskatoon Crisis Nursery.

Singing with Sylvia Holm
Dec. 13, 10:30 a.m., Dec. 12, 10:30 a.m. and 7 p.m., and Dec. 13, 10:30 a.m. and 1 p.m., at the Artway. Celebrate all things Christmas with Sylvia Holm.

Four Moon Caves Series
Thursday, 12 p.m. to 1 p.m., at Third Avenue United Church. Dec. 13, Dean McCall on trumpet and Michele A. Audin on piano and organ. Dec. 13, Renee de Mollon on pipe organ. Bring a lunch. Coffee and tea are provided. Donations are appreciated.

Holiday Evening Market
Dec. 13, 6 p.m. to 9 p.m., at the Saskatoon Farmers' Market. Featuring a butter stall, contact at 7 p.m. With food, drinks, music, vendor sales, gift baskets and Saskatoon Sides selling merchandise and signing autographs. The Farmers' Market is closed Dec. 23-27 and Dec. 29 to Jan. 2.

Celebrating 80 Years of Kaplan
Dec. 13, cocktails at 5:00 p.m., dinner at 6 p.m., program at 7 p.m., at TCU. Recognizing Dr. David Kaplan's many contributions to the development of the cultural fabric of our community on his 80th birthday. For information call 366-966-9666 or email marissa.jacobs@tcu.edu.

What you need to know to plan your week.
Send events to bridges@theatraphoenix.com

PHOTO COURTESY OF THEATREPHOENIX.COM

Friendship Inn Dinner
Dec. 12, reception at 5:30 p.m. and dinner at 6:30 p.m., at the Friendship Inn, 419 20th St. W. Part of their 18th Heart Campaign, a festive holiday dinner, attendees will be served their food through the same line and process that daily in visitors use.

First Annual Reviving the Spirit Music Festival for Cancer
Dec. 12, 7 p.m., at Broadway Theatre. Presented by Willow Creek Broadcasting. Featuring Leonard Adams, Chester Knight & The Wind, Red Blase, John J. Cook, Bill (Rock Creek) Cook, Mikel Gumbul, C-Miles, David Raynor, Joe Conner, Michael Cade & Anna, Peeteebe and Tessa Desamie. Proceeds will go to the Physical Cancer Foundation.

Musicians Ball: In Cinemas
Dec. 11, 7:30 p.m., and Dec. 22, 10:10 p.m., at Galaxy Cinemas. Local's Royal Ball performance of the holiday's Musicians Ball at the Royal Opera House stage is showing on screen.

Story and Music Concert
Dec. 13, 7:30 p.m., at The Refinery. An evening of stories and music. Featuring Bonnie Larkin, Kevin Galbraith and Sylvia Chiu.

Christmas Sparkle
Dec. 13, 7 p.m., at Grace-Westminster United Church, 555 13th St. S. The 120-piece "Spectroxy Handbell" Christmas concert. Hosted by David Viskovic, Alyse Sabin.

The Spirit of Christmas
Dec. 13, 7:30 p.m., at Broadway Theatre. Featuring Martin and Martin Janovsky perform.

Annual Great Three Table Christmas Meal
Dec. 13 at Army, Navy &

Air Force Veterans' Club
359 First Ave. NE. Everything you need for Christmas. Day membership Early Bird Dinner followed by the Christmas of the Heart Campaign. Dinner to a Point after the show.

18th Annual Elm Church Christmas Celebration
Dec. 13, 14 and 15, 7 p.m., and Dec. 15, 3 p.m., at Elm Church. The 18-voice Elm Church Choir performs with a 30-piece orchestra, featuring Kevin Pauls and various U of S Jazz Ensembles.

Country Gospel Breakfast Buffet and Concert
Dec. 14, 9 a.m., at Smith's Buffet, 1020 Circle Dr. E. Sponsored by the Country Gospel Music Association. Featuring Larry Kinase and The Lancers. For information call 306-242-1431 or 306-229-8600.

Christmas Season at Confederation Mall
Dec. 14 at Confederation Mall. Christmas photos with angels, bring your camera from 11 a.m. to 3 p.m. Play music and Christmas carols by Shiri & Family at 1 p.m., a popcorn and hot chocolate fundraiser from 1 p.m. to 3 p.m., Christmas cards by the Graystone Shoppers throughout the day.

Menshik
Dec. 14, 7:30 p.m., at Third Avenue United Church. The Saskatoon Symphonic Orchestra's holiday concert with the Saskatoon Chamber Singers. Featuring soprano Chelsea Mahan, mezzo-soprano Alberta Woyarski, tenor Michael Harris and baritone Dariusz Gregus.

Night of the Father's Love
Dec. 15, 8 a.m. and 3 p.m., at the First S.S. Lutheran Church southwest of Lang-

ham on Lutheran Rd. Donor Aid 2014/2015
Dec. 15, 10 a.m., at St. John's Lutheran Church. No charge, everyone welcome.

Le Choeur des Plaines Christmas Concert
Dec. 15, 2 p.m., at Saints-Marcus-Gereon Church, 1001 Windsor St. Saskatoon's french community choir is directed by Michael Harris.

The Old Elphinstone Christmas
Dec. 15, 3 p.m., at Grosvenor Park United Church. Grande Soken performs original and traditional songs woven into a Christmas story, with pianist Sheldon Corbett and members of the Baker, Slade and Phillips families. An interactive show for 10- to 15-year-olds. Attendees will go toward the "Tori Slade Hunt."

Slow Food Sales
Dec. 15, 3 p.m. to 5 p.m., at City Perks Coffeehouse, 801 Seventh Ave. N. Share your most cherished memories of food, family and culture in a respectful and open atmosphere. Coffee, tea and snacks available for purchase.

Images and Impressions
Dec. 15, 7 p.m., at Third Avenue United Church. Saskatoon Youth Orchestra's winter concert. With the Saskatoon Strings. Works by Dvorak, Liszt, Prokofiev and Khachaturian.

Annual Lessons and Carols Service
Dec. 15, 7 p.m., at Grace-Westminster United Church, 555 13th St. E. An evening of Christmas music. Performances by the Saskatoon Boys Band and choirs of Grace-Westminster United Church. Free will offerings are accepted. Proceeds will benefit the Saskatoon Food Bank.



Catch the Enchanted Forest Christmas lights up at the Saskatoon Farmhouse until Jan. 11. Photo by Peter B. Baskin.

2014-2015 Enchanted Forest Holiday Light Tour
Until Jan. 11, 5:30 p.m. to 10 p.m., at The Saskatoon Forestry Farm Park & Zoo. The glow-in-the-dark Christmas display celebrates its 15th anniversary. Funds raised support of the Saskatoon Zoo Foundation and the Saskatoon City Hospital Foundation.

THEATRE

A Wide Open Christmas
Dec. 14-22 at The Refinery. Presented by Wide Open Children's Theatre. A collection of holiday songs featuring variety acts, audience participation, sing-alongs and Christmas stories. Full and half-hour shows.

Age-Soon
Dec. 16, 3:30 p.m., and Dec. 17, 1:30 p.m. and 4 p.m., at Broadway Theatre. An imaginative whirlwind of sophis-

ticated physical comedy and wild chases leading to an outlandish finale.

The Man Who Wanted to Be Santa
Runs to Dec. 15. Tuesdays to Sundays, at The Pine Playhouse. Written by Pat Cade. A small-town police station gets to a pair of unexpected visitors one Christmas Eve.

Red, Herring
Runs to Dec. 15. Thursdays to Sundays, at Deering. See the story of Maclean's prime minister's version of Charles Dickens' A Christmas Carol.

The Black Knight of Wulfe MacGrimmon
Runs to Dec. 15, 8 p.m., at Penitence Theatre. With interviews, Danilowsky and Dec. 4 at 2 p.m. A small town's shrewd and evil ruler will do anything to win the throne, including making a deal with the devil.



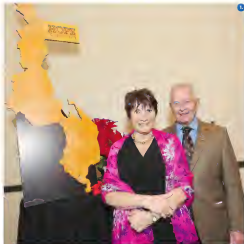
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ON THE SCENE

HOPE FOR MALAWI FUNDRAISER BRUNCH



ON THE SCENE

HOPE FOR MALAWI FUNDRAISER BRUNCH



Till the season for giving back and a sense of community-minded citizens did just that on Sunday Dec. 8.

The Hope for Malawi Foundation held its annual Fundraiser Brunch at the Hilton Garden Inn for about 90 people, who donated over \$20,000 to the grassroots charity KAC. Elaine Zakeya served colorful commentary while people enjoyed a delicious meal at the Rotary Club Sokolovskan supported event. The Hope for Malawi song, composed by Angela Perina and sang by Some Good Noble, also promoted all the brunch.

Petar and Elaine Zakeya founded Hope for Malawi after witnessing the dire need for support in the southeast African country during a trip in 2005. After making local connections and with the support of generous Sokolovskan donors, a health clinic was built, followed by basic health facilities and a general health center. Hope for Malawi is a not-for-profit organization — 100 percent of donations are spent on front-line projects; there are no administration costs.

Hope for Malawi is now partnered with an entire village district in the Dowa region that serves over 25,000 people, many of whom are

orphans who have lost their parents to AIDS. Numerous projects are underway, including a community learning center with dedicated spaces for everyone from students to adults. Hundreds of Sokolovskan students' demand school supplies this year that will be used in the new center.

1. Hope for Malawi founders Elaine and Peter Zakeya
2. Erika Whyte, Grace Horemuk, Keyette Patterson and Jana Crossfield
3. Elwood Pym, Don Aghoson, Mendile Aghoson, Manna Clark, Ben Howland
4. Margaret Roth and Anna Nissen
5. Lorraine and Ed Blazek
6. Diane Waldball and Shirley Bernheim
7. Jerry and Karen Boedter
8. Linda Labella and Cacia Mulligan
9. Mount Royal student, Valenda Pochirandor (right) saves elementary supplies to send to school girls in Malawi during her home economics class.

BRADLEY PHOTOS BY MICHELLE BECK

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SHARP EATS

SASKATCHEWAN FOOD TRENDS

Five reasons to eat Hane's Hummus

By Jenn Sharp

When Pete started making his hummus while living in Vancouver, Friends decided it was excellent and that he should sell it. After moving back home to Saskatoon in 2006, his cousin took it upon him to find. The married bar on Second Avenue became his first customer and his business grew from there.

The now-closed Cello Sola was the next to come on board, along with the Greek produce at Wal-Mart. Now, the hummus production line needed a larger space. Pete moved to a cast-iron kitchen. A number of places in Saskatoon and a few in Regina now sell his hummus. He's also in talks with a national distributor.

Pete says food makers and consumers rarely meet face-to-face, through tastings he hosts, customers get to meet the man behind the hummus.

"People are always surprised [to learn] that I make it and that it's made in Saskatoon. I'm blessed with being able to connect with people that people genuinely enjoy."

Check out Hane's Hummus on Facebook and read on for my five reasons to give it a try.

1. MADE LOCALLY

Here's slogan says it all: "Prepared with love in SK. Best ingredients, served local." Pete is devoted to keeping his product as local as possible and sources many of the ingredients (including the chickpeas) from this province.

2. NO OIL

This hummus isn't chock full of oil or water like some supermarket brands can be. It's not as smooth as those brands but don't let that scare you off. In part, since you get more chickpeas being your host.

3. NO PRESERVATIVES OR FILLERS

Here's the ingredient list: Chick



HANE'S HUMMUS

WHERE TO BUY AND TRY

- > Dadi's Organic Grocer
- > Stone and Pound Curio
- > Sengale's (Downtown, Broadway and First Avenue locations)
- > Le Pop at 3rd Ave Centre
- > The Good Food Junction
- > High-Spirits Asian Market
- > Pili
- > The Bell's Whole Bar and Bistro
- > Collective Coffee
- > Cafe Europe and Deli

There are five compelling reasons to try Hane's Hummus, which is made in Saskatoon without preservatives or fillers. (Photo: Photo by Jenn Sharp)

peas (grown in Saskatchewan), garlic, tahini (ground sesame seeds), spices, almonds and peppers, parsley, citrus.

Is there anything you don't miss, none no food? This is a good sign. It also means the shelf life of Hane's (Pete's nickname) won't be as long as a supermarket hummus, but that's OK. Food wasn't meant to hang out in your fridge and still be edible months

after you bought it. On that note, has anyone noticed that Costco Wholesale is really long time to get locally?

4. TWO FLAVOURS TO TRY

Both are veggie, gluten and lactose-free. The Original has a hint of a kick to it thanks to Pete's spice recipe. One of those, however, gives the hummus a beautiful yellow

colour, while the almonds add a bit of crunch. There's a strong citrus flavour in the Garlic and Dill. The dill is strong but not overpowering. On a taste test conducted in the Bridges' StarPhoenix newsroom, most preferred the Garlic and Dill hummus. While the Original has great flavor, it was too overpowering for many to dip their pits as more than once or twice.

5. IT'S HEALTHY

Chickpeas are high in fibre and a good source of protein. The almonds in the original version add an extra bit of healthy fat. A lot of dips, especially the creamy or cheesy ones, can pack a whopping calories. In fact, one serving of Hane's Hummus is low fat and virtually guilt free, perfect for the holidays.

jenn@thestarphenix.com

OUTSIDE THE LINES

The Birds (of Christmas)



Colouring contest

Each week Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to steph@stephsmcay.com. One winner will be chosen each week.



Last week's contest winner is Audrey Hatten. Thanks to everyone who submitted entries.



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THANK YOU!

With your generous support, this year's Dinner/Dance raised an outstanding \$260,000. All money raised will support our community.

We would like to extend a big thank you to all our United Way Greater Salt Lake 2013 supporters. And our special thanks goes to Shelley and Murray Brown for making the Salt Lake community part of their **Outstanding Balance**.



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doi:10.1371/journal.pone.0141101.g001

Worked Example

PL 110-343

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They Can't Get It

542.5

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NEW YORK TIMES (October 2008) 5 Nov 08

References

- 1 I like targets.
2 Example.
3 Group that engaged
4 Mother's Milk.
5 Time for samples.
6 [gasp]
7 Jernigan/Garcia, far
8 most of the cancer
9 I can't take
10 "Don't put weeds in
11 my mouth!"
12 Requests a dog treat
13 maybe
14 Hunter's dead paws
15 "I really burn
16 yesterday!"
17 Special Forces wear
18 Gies a stonewall
19 Part of "honor"
20 "Susanne, friend"
21 where
22 Group with sound
23 I like.
24 Let's thank our little
25 secret!" with a hint
26 to 28 23- 50 or
29 40-420000

A scale of 1000

- 42 Contrast period often
- 43 Paraphrasing taken
- 44 P.P. addresses
- 45 1900s answer to the
Midwest
- 46 Who you respect name
- 47 Where start
society in ?
- 48 Nationalism of
Providence
- 49 Take up residence
- 50 That's it shaking in
my boat
- 51 Little bit of that or 20
- 52 Good Politics of 20
- 53 Do a few months
- 54 (Living plans)
- 55 Big names in 19-20th
evolution
- 56 Use a spend language
- 57 Growth of Just Good
life

JANRIO

CLASSIC SUDOKU
Level: Silver
 Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.
 The difficulty level ranges from Bronze (easiest) to Silver (hardest).
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3			1		8	
	5	6				
8	1			3	9	7
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2	7		3			6
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	3		5			2

Solution is the crowned puzzle and the Sadoku can be found on Page 37

The StarPhoenix proudly presents
www.thestarphoenix.com

The Baby Block ...the Babies of 2013!

The StarPhoenix annual tradition featuring babies born during the past year will be published on Saturday, January 4th, 2014. This feature will also be posted online at thestarphoenix.com for all your family and friends to access.

This feature has proven to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to announce the newest member of your family.



Kyla Cherie Sheppard
Born July 9,
2002
6lbs 16 oz,
20.5" long

Daughter of
Colleen &
Paul Sheppard

Baby sister to Karen, Dawn & Kelly
Proud grandparents
are Sue & Maurice Sheppard
She is our bundle of joy!

NEW

(actual size)
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baby on the
cover in colour
for only \$85 +gst
(only 12 spots available)

New!

Early Bird Deadline: Friday, November 29, 2013
Regular Size: \$30 +gst/ Double Size: \$37 +gst
Include your photo in order for only \$10 (extra)

After Early Bird Deadline:
Regular Size: \$40 +gst/ Double Size: \$47 +gst
Include your photo in order for only \$10 (extra)

Final Deadline: Monday, December 18, 2013

Complete the attached form, enclose a large, clear picture of your baby and prepayment of your advertisement to:

The StarPhoenix Babies of 2013

Attn: Monique Classified Advertising, 204 5th Ave. N Saskatoon, SK S7K 2P1

Email a large jpg photo and your wording to advertising@thestarphoenix.com

Please include your daytime and evening phone number so we can contact you for credit card payment.

Or visit us in person at our classified advertising counter Main-Flo, B2B-420.

For further information please contact us at: 805-957-5385 or 1-800-963-0740.

Final Booking Deadline: Monday, December 19, 2013

PLEASE PRINT CLEARLY - Please do not include any photo larger than 6x7

If you would like your photo back, include self addressed stamped envelope.

Daytime Phone: _____ Home Phone: _____

Customer Name: _____

Address: _____ City: _____ Postal Code: _____

Email address: _____

Select from the following options (only 12 front page announcements available)

Front Page: _____ Regular Size: _____ Enhanced Size: _____

Color: _____ (Black & White)

BABIES NAME (AS IT WILL APPEAR IN PRINT)

Date of Birth: _____ Weight: _____ Length: _____

Check one for your choice of placement:

Proud parents are: _____ Son of: _____ Daughter of: _____

First and Last Name of Parents: _____

Or specify alternate wording - "Grandson at SM and Jean Smith"

If you choose the Front Page or Enhanced Size option please include any additional words up about your baby that you would like included in the announcement

Maximum words for Front Page 30 words Payment Method Visa _____ MC _____ Amex _____ Cheque _____

Enhanced Size 40 words Credit Card Number: _____

Simple Size 30 words Family Size (M/F) _____

TOTAL AMOUNT PAID: _____

ASK ELLIE

Having an affair strictly for revenge not a good idea

Q Since the beginning of my eight-year marriage, our sex life subsided to about once a month, sometimes less. We have two children.

Several months ago my husband got a message saying, "Sorry, I didn't even have a second break. Good night! He became very scared, repeating to me, "Sorry baby, it's a mistake."

I insisted he call her right back. Reaching at first, he then said, "Call yourself!" I did, on speakerphone. When the woman said, "Hello," I put the phone down to ask asking him to clarify whether this was a mistake.

He then said, very loudly ("my sense), why are you doing this?"

The woman quickly hung up and has since changed her phone number. He's still denying any wrongdoing.

It's killing me. I think he's been cheating and continues to cheat. I continue to question him, but he keeps denying everything.

Now knowing he's cheated, I am planning to do the same. I'm still young and attractive. Divorce would be traumatic for the kids. Is there

Ask Ellie



any solution to this?

Taking Action

A: You might as well take a wrecking ball to your family unit.

Many "solutions" are needed, and fast.

1) Think again about those children you think you'll protect by cheating on their father.

2) Talk to a lawyer and learn your rights, as well as how a separation and child support works. Then tell your husband the facts of life.

3) Understand that your cheating would now take even more family time and focus away from your kids. And from any hope of helping this marriage.

4) Even if he denies cheating, explain how necessary getting marital counseling is for both of you. You're at a turning point as a family unit, things are fix or a break up.

Q My then married on worker and I started an affair, after I had become divorced. Then he finally got super mad too.

But, he's since become closer, had sex with a single guy, it seems like he wants to date, too. We're loose again, and supposedly together, but still living apart.

He's constantly talking to this one woman, "confusing" her because her husband left. He says they're just friends. But I'm sure that it's more, and definitely some her part.

Distracted Lover

A: It's cheating. "Just a fling." But he's not. He's playing us two worlds. Tell him he's either in or out with you.

If, as you get to go along sometimes when he's with his friends, as possibly when with this woman.

When she sees you as a couple

she'll hopefully turn elsewhere for "comfort." If not, he can distance himself by giving her a therapist's phone number.

But any resolution on his part to have you sleep or distance himself is a signal for you to take a break from an old story that's changed the plot.

Q I met a man in Atlanta City and we hit it off. He was married but just said no, and we had a secret affair. He now says he's ready to leave his wife and move in with me. He wants to meet my family and be open.

My parents are very conservative and will suspect it was an affair while he was married. I've tried to them about "different men" I've been dating.

Now do I let them think what they want, or be truthful?

Misbehavior of Daughter

A: Show your parents respect for their sensitivities. Avoid detailed truth telling that will cause them to feel hurt and potential shame among relatives and friends.

Q Whenever my husband and I make love, I say it was the best ever. It makes him feel that he's a hero for satisfying me (which sometimes happens, though not always), and it keeps us feeling close.

I don't like anything, because I'm happy to be loving even if it isn't perfect. We make sure not much time goes by between lovemaking. I think my "best ever" while he works for us.

Best Ever

A: Sounds good to me, and it's keeping you both happy. He probably knows he's not the super stud you make him out to be, but loves you for saying so.

There's no harm in trying to make the "best ever" even better, by trying something new — wearing sexy lingerie, adding a new element like shower sex, or making love in front of the fireplace whenever comes to mind and body.

The well-maintained sexual bond between a couple keeps your emotional connection healthy too.



Next week in BRIDGES

Battling cancer, musician Mandy Ringdal is focused on the good in life

WINE WORLD

GRAY MONK

Take a taste of Canada's best chardonnay

By James Romanow

There are people reading this who refuse to drink white wine. This is their loss. Those of us who are more worldly know there are tons and places for white wine, particularly with salad, and the lighter outside like shishito. I have yet to meet a shrimp dish I would pair with a red.

One of my favourite wines is, of course, chardonnay. The wine that made Chablis famous. And one of my favourite of the Canadian chardonnay is from Gray Monk, a winery that has been working this Okanagan since the early 1970s. As such, the family knows the land, the climate and the grapes, right down to which clones do best. I find their wines reliably made and always worth drinking.

When the air went out of the big chardonnay balloon a decade back, they returned to fermenting their chardonnay in stainless steel. The result is a beautiful crisp wine that is exactly what we should be — no more and no less. (And if that sounds like faint praise to you, you need to suffer through some of the over-the-top meadrosities I've been subject to over the years.)

The wine is a light green yellow with a hint of light flinty nose. There's a touch of wild flower there, maybe some apricot and with a nice green



line of acidity on the vaguely citrus aromas. The palate is clean, with a great burst of apples and lemons. It is fairly full bodied for an unwooded chardonnay. The finish has just the faintest touch of grapefruit.

If you need to understand why folks like me drink white, even in winter, start here. This is a very nice wine for all occasions.

Gray Monk Unmodel Chardonnay Canada, 2012. \$39.99.

More wines in Monday's paper and on Twitter @jdrbocor.

Crossword/Sudoku answers

DRUGS	MISS	ABRA							
NIGHT	DRUGO	COLT							
ARMOR	SAID	TINGOT							
	SITSUP	MONTE							
CANTPOO	REPERETS								
GRATES	ALL	LOT							
MISO	ARMADA								
RETT	WERNY	GUANDH							
	NANTIS	NEAR							
HALL	EL	CAMATO							
OSWALD	TAKANTATO								
WHALE	MOVES								
DONTCARE	TURBO								
ARRO	SPAR	ATARI							
HERS	ASHY	SEBAL							

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7	6	5	9	8	2	3	4	1	
2	7	1	3	9	4	5	6	8	
5	4	8	2	6	1	9	7	3	
6	3	9	8	5	7	4	1	2	

The StarPhoenix CHRISTMAS LIGHTS 2013

Do you have an amazing Christmas light display that would make Clark Griswold jealous?

Do you want to share your light display with the rest of Saskatoon?

If so we want to hear from you!

From now until December 13th, The StarPhoenix is looking for residents to register their light display.

The week prior to Christmas, The StarPhoenix will publish a list of addresses that you can view as self-guided tour.

To be part of The StarPhoenix Christmas Lights 2013, please email the below information to:

citydesk@thestarphoenix.com

1. Your name and phone number
2. The address of your light display
3. A short description
4. Digital photo of your display



HAPPY HOLIDAYS

and watch
The StarPhoenix for the 2013
Christmas Lights Listing!

BRIDGES



DRIVING TIP

#34

THE BOARD-B-VIEW



Fig. 1. If your car gets stuck in a snow bank this winter, wedge a wooden board under the barbed tire. Accelerate rapidly over the board, out of the snow. To avoid repetitiveasking, do not shove down.



Fig. 2. Once free of the snow bank, proceed to your destination, behind schedule. Congratulate yourself for demonstrated expertise in winter driving, unaware that the board was launched into the air and through a nearby motorist's windshield.



GEAR UP



All Wheel Drive is recommended for your safety by the Academy of Winter Driving. Test drive eight AWD systems at VWAG to find the one that's right for you.



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Interior with Automatic Shift
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\$20,979

MSRP \$21,149

2013 Ford Focus SE

#170004



1.8L I-4 EcoBoost 160hp
Black Cloth

\$16,961

MSRP \$21,100

2014 Ford Escape S

#170004



2.0L I-4, 6-Speed Automatic
Gray Black Cloth

\$22,890

MSRP \$25,799

2014 Ford Fusion SE

#170004



2.0L I-4, 6-Speed
Automatic Black Cloth

\$24,504

MSRP \$25,350

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#170004



3.7L V6, 6-Speed Automatic
Black, Gray Cloth

\$27,458

MSRP \$30,400

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Crown Jewel Leather

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MSRP \$37,100



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#170004

3.7L V6, 6-Speed
Black Cloth

\$21,956

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2009 FORD F-150 KING RANCH 4X4
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2.0L I-4. leather. Moon roof. White
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\$29,995*



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*Plus tax and reg. add'l fees. See dealer for full details. Don #4892

